

Montana

School Nutrition Programs

Office of Public Instruction

Division of Health Enhancement and Safety

2010 Annual Report

(July 1, 2009-June 30, 2010)



opi.mt.gov

Montana
Office of Public Instruction
Denise Juneau, State Superintendent



May 2011

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Office of Public Instruction



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Introduction

Child Nutrition Programs

The Healthy, Hunger-Free Kids Act of 2010 represents a major step forward in our nation's effort to provide all children with healthy food in schools. Increasingly schools are playing a central role in children's health. Over 31 million children receive meals through the school lunch program and many children receive most, if not all, of their meals at school. With over seventeen million children living in food insecure households and one out of every three children in America now considered overweight or obese, schools often are on the front lines of our national challenge to combat childhood obesity and improve children's overall health. This legislation includes significant improvements that will help provide children with healthier and more nutritious food options, educate children about making healthy food choices, and teach children healthy habits that can last a lifetime.

The Healthy, Hunger-Free Kids Act of 2010 authorizes funding for federal school meal and child nutrition programs and increases access to healthy food for low-income children.

What Does It Do?

Improves Nutrition and Focuses on Reducing Childhood Obesity

- Gives USDA the authority to set nutritional standards for all foods regularly sold in schools during the school day, including vending machines, the "a la carte" lunch lines, and school stores.
- Provides additional funding to schools that meet updated nutritional standards.
- Helps communities establish local farm to school networks, create school gardens, and ensures that more local foods are used in the school setting.
- Builds on USDA work to improve nutritional quality of commodity foods that schools receive from USDA and use in their breakfast and lunch programs.
- Expands access to drinking water in schools, particularly during meal times.
- Sets basic standards for school wellness policies including goals for nutrition promotion and education and physical activity, while still permitting local flexibility to tailor the policies to their particular needs.

Increases Access

- Helps certify additional students to receive school meals by setting benchmarks for states to improve the certification process.
- Expands USDA authority to support meals served to at-risk children in afterschool programs.

Increases Program Monitoring and Integrity

- Requires school districts to be audited every three years to improve compliance with nutritional standards.
- Requires schools to make information more readily available to parents about the nutritional quality of meals.
- Includes provisions to ensure the safety of school foods like improving recall procedures and extending hazard analysis and food safety requirements for school meals throughout the campus.
- Provides training and technical assistance for school food service providers.

Office of Public Instruction

School Nutrition Programs

The School Nutrition Programs unit is administered through the Office of Public Instruction, Health Enhancement and Safety Division. The School Nutrition Programs services for schools include administration of the eight U.S. Department of Agriculture (USDA) programs and the Office of Public Instruction Cooperative Purchase Program.

School Nutrition Programs reimburses schools for meals served to children; distributes USDA Foods; provides training for school food service personnel, administrators and teachers; ensures schools are in compliance with federal regulations; and provides nutrition education for students to promote healthful habits.

In school year 2009-10, Montana School Food Authorities participated in at least one of the following programs. Programs administered by Montana School Nutrition Programs include:

- ✓ National School Lunch Program (NSLP)
- ✓ School Breakfast Program (SBP)
- ✓ Afterschool Snack Program
- ✓ Special Milk Program
- ✓ Summer Food Service Program (SFSP)
- ✓ USDA Food Distribution Program (including the Department of Defense Fresh Fruit and Vegetable Program)
- ✓ Fresh Fruit and Vegetable Program
- ✓ Montana Team Nutrition Program
- ✓ Office of Public Instruction Cooperative Purchase Program

Sponsors choose which programs, if any, to participate in based on local needs. Public schools, private/nonpublic schools and nonprofit residential child care institutions with children high school age or under, camps, nonprofit private organizations and governmental agencies may participate in the programs.

Vision:

Our vision is school communities that provide children full access to healthful meals and snacks that nourish minds and bodies and school nutrition environments that encourage healthful lifestyles and are supported by community partnerships.

Mission:

To ensure that schools provide nutritious meals and promote healthy lifestyles through collaborative education and training, and administration of the USDA's School Nutrition Programs.



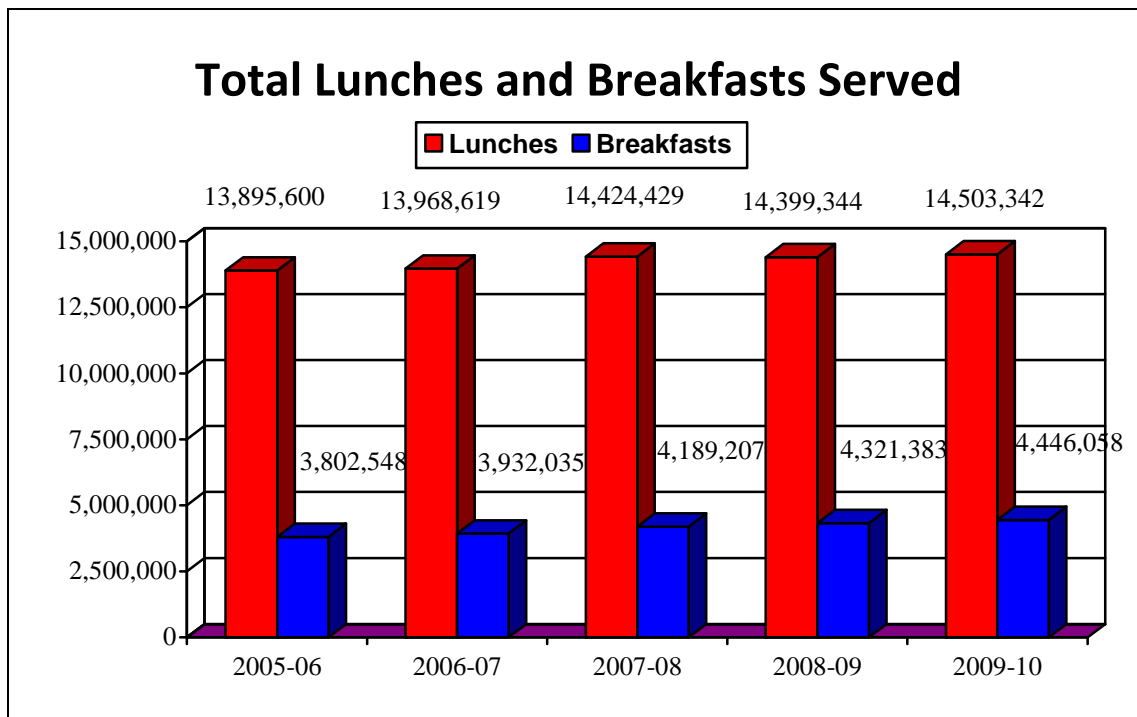
School Lunch and Breakfast Programs

The National School Lunch Program (NSLP) began in 1946 under the National School Lunch Act and is intended to help meet the nutrition needs of children from low-income households.

Lunches served to children under this program are required to meet one-third of the total Recommended Daily Allowance (RDA) for key nutrients (**minimum** requirements are set for calories, protein, calcium, Vitamin A, Vitamin C, and iron; **maximum** requirements are set for total fat and saturated fat).

The School Breakfast Program (SBP) began as a pilot project in 1966 and was made permanent in 1975. Breakfasts served under this program are designed to meet one-fourth of the RDA for the key nutrients.

Many school meals are served to children eligible for free or reduced-price meals. These children come from low-income families who are most at risk for hunger and food insecurity. *Combined, a school breakfast and lunch provide over half the nutrition that a child needs in a day.*



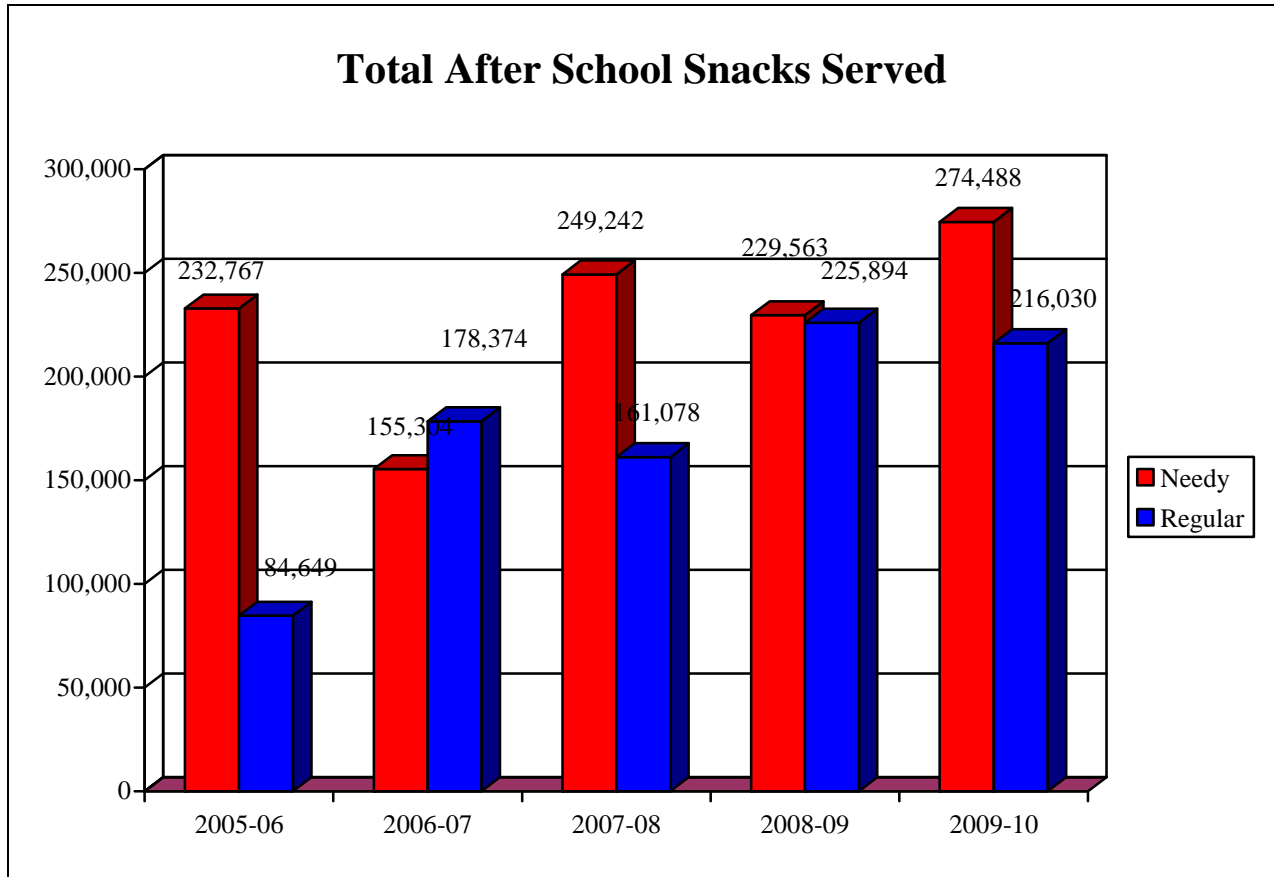
Over the past year:

- *There was an increase of 103,998 lunches served.*
- *There was an increase of 124,675 breakfast meals served.*



Afterschool Snack Program

Started in 1998, the Afterschool Snack Program offers children education and enrichment activities that are safe, fun and filled with learning opportunities. Schools in which 50% of the students qualify for free and reduced price lunches are considered area eligible and students qualify for free snacks.



Over the past year:

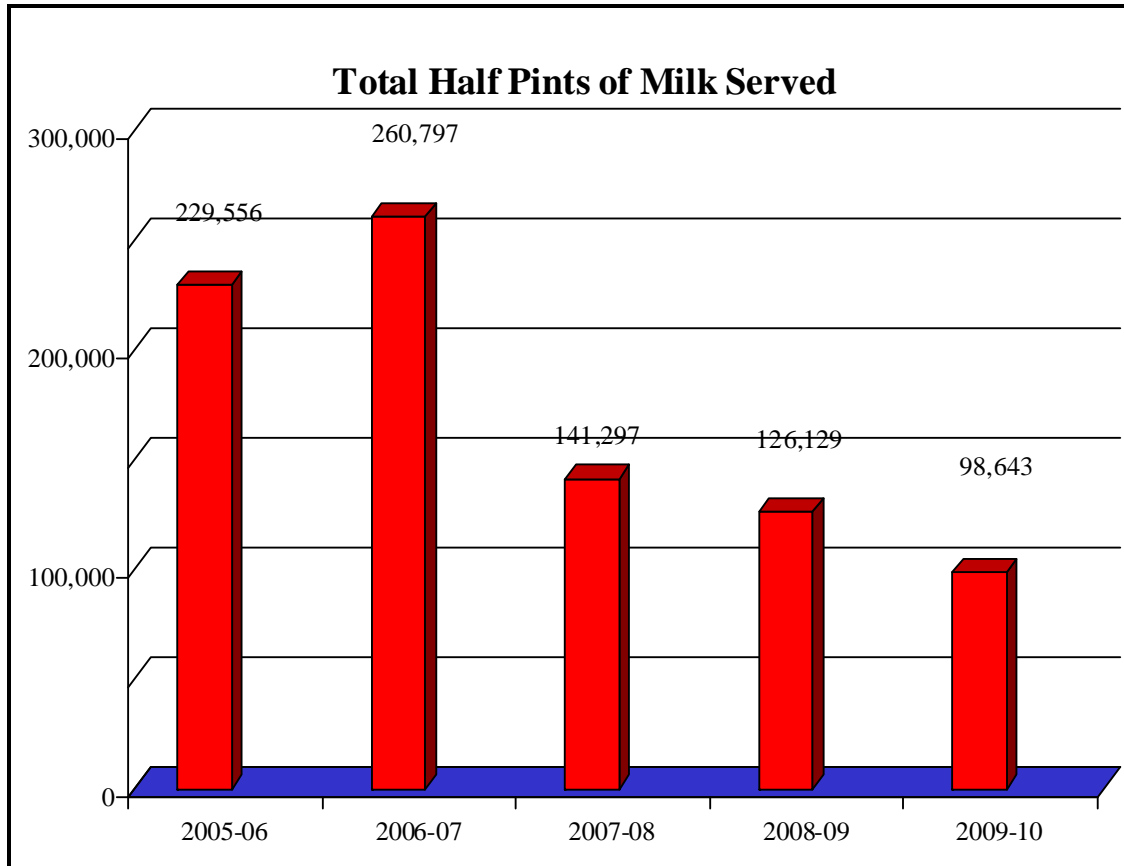
- *There was an increase of 35,061 snacks served.*



Special Milk Program

Schools that do not offer other school meal programs may participate in the Special Milk Program. Split-session pre-kindergarten and kindergarten students who do not have access to lunch and breakfast at school may also participate. In 2010, schools that participated in the Special Milk Program included 6 with Kindergarten Milk programs, 10 with Milk Only programs, and 7 with Summer

Food Service Program camps.



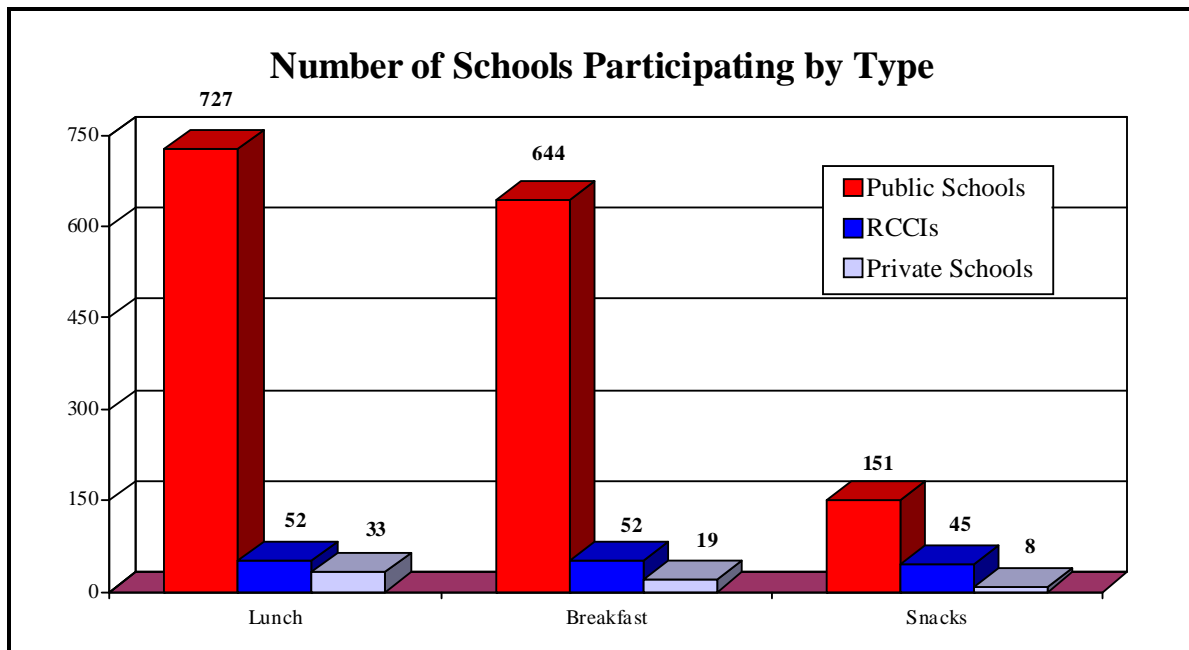
Over the past year:

- *There was a decrease of 27,486 half-pints of milk served.*



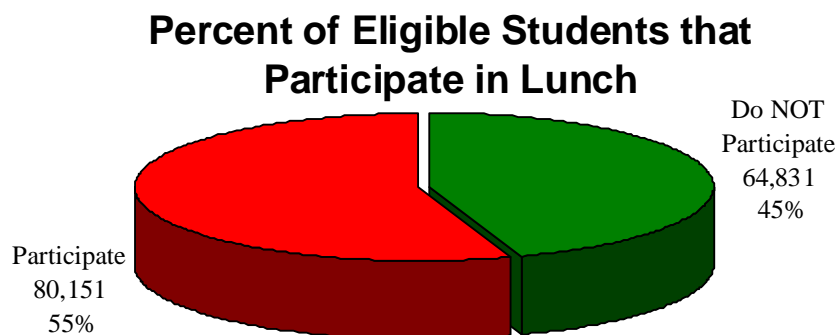
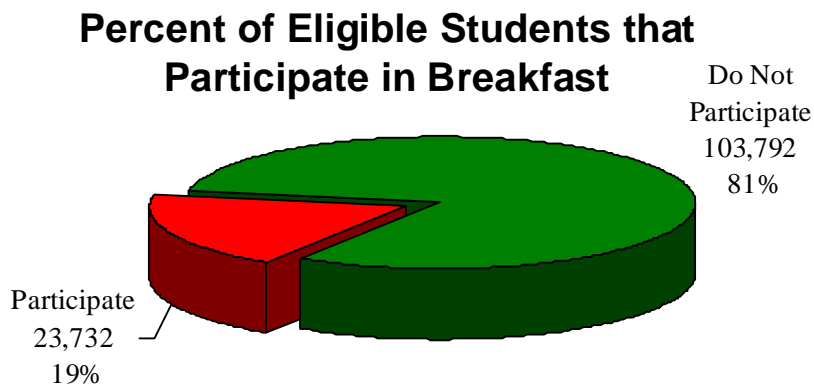
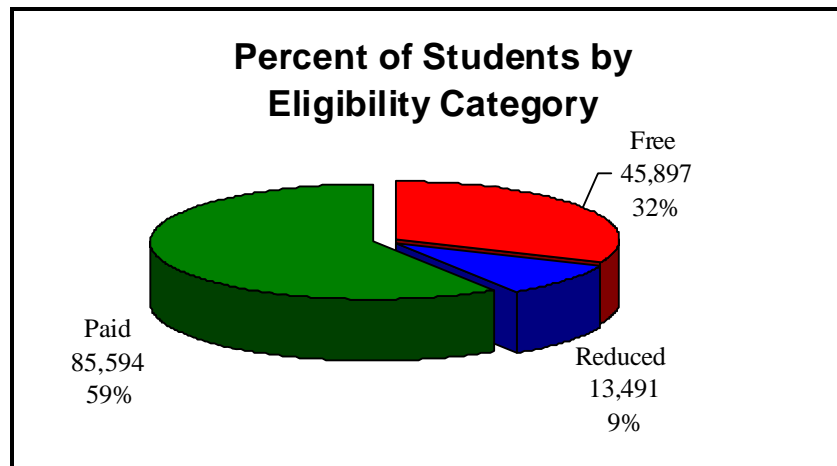
Types of Schools Participating

In 2010, 259 sponsors participated in the lunch program, 213 sponsors participated in the breakfast program, and 106 sponsors participated in the afterschool snack program. These sponsors include public schools, public or nonprofit private Residential Child Care Institutions (RCCIs), and nonprofit private schools. All of these organizations are collectively called School Food Authorities (SFAs) within the School Nutrition Programs. An RCCI can include correctional facilities or group homes for children with special needs. This chart details the types of schools (within the SFAs) that participate.



Participation in the Programs

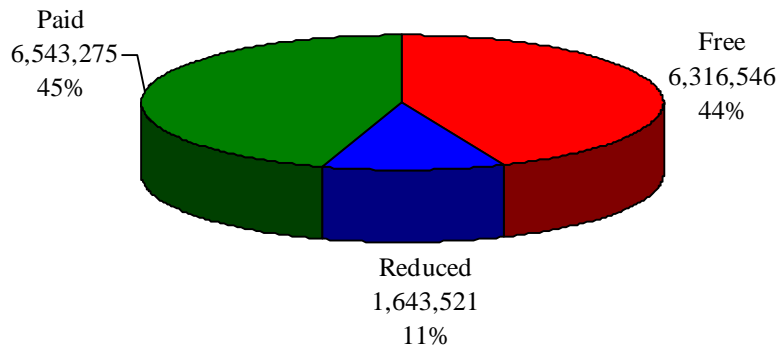
In Montana, of the 144,982 students enrolled in schools participating in the School Nutrition Programs; 45,897 were eligible for free meals, 13,491 were eligible for reduced-price meals, and 85,594 were eligible for paid meals. In the 2009-10 school year, 23,732 of the total eligible students participated daily in the School Breakfast Program. During the same period, 80,151 of the total eligible students participated daily in the National School Lunch Program.



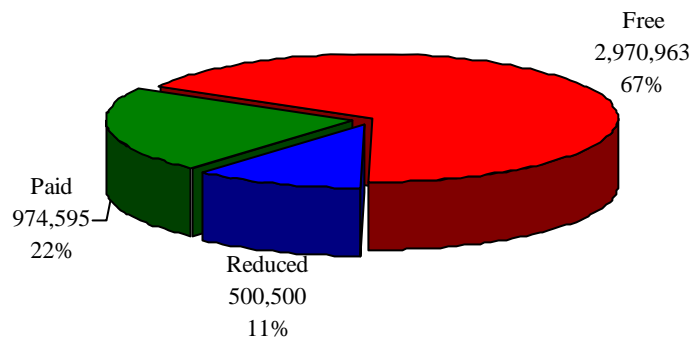
Eligibility of Students

The students that participate in lunch and breakfast are predominately eligible for free and reduced-price meals. During the 2010 school year, there was a total of 14,503,342 lunch meals served, 4,446,058 breakfast meals served, and 490,518 snacks served.

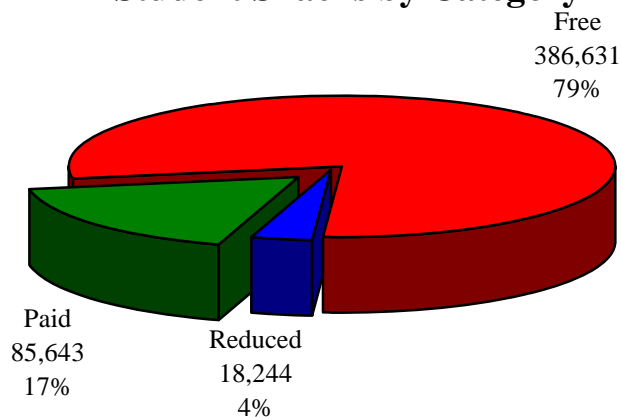
Student Lunches by Category



Student Breakfasts by Category



Student Snacks by Category





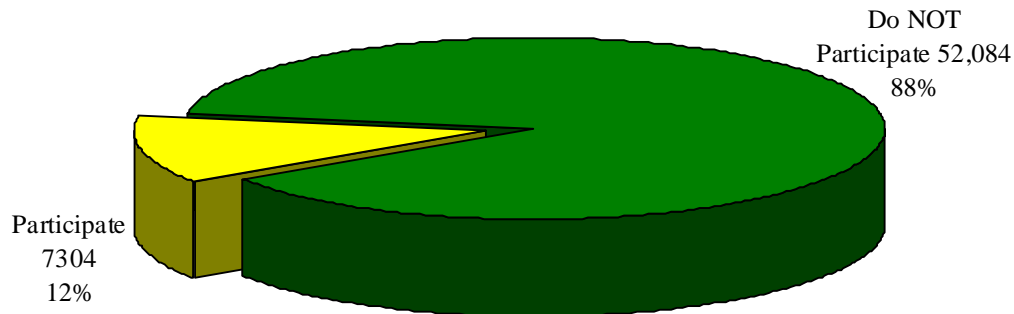
Summer Food Service Program

The Summer Food Service Program (SFSP) provides nutritious meals at no charge to children while school is not in session. This program was established to ensure that children in low-income areas could continue to receive nutritious meals in between school sessions.

Montana is dotted with small rural communities, making it difficult to reach children in need with the SFSP. In spite of this difficulty, however, there are sponsors and sites in low-income areas in each of the six large cities and on each of the seven American Indian reservations throughout the state.

Of the 59,388 children eligible for free and reduced-price meals during the 2010 school year, 7,304 (12 percent) participated daily in the SFSP. In 2010, 302,372 lunches were served.

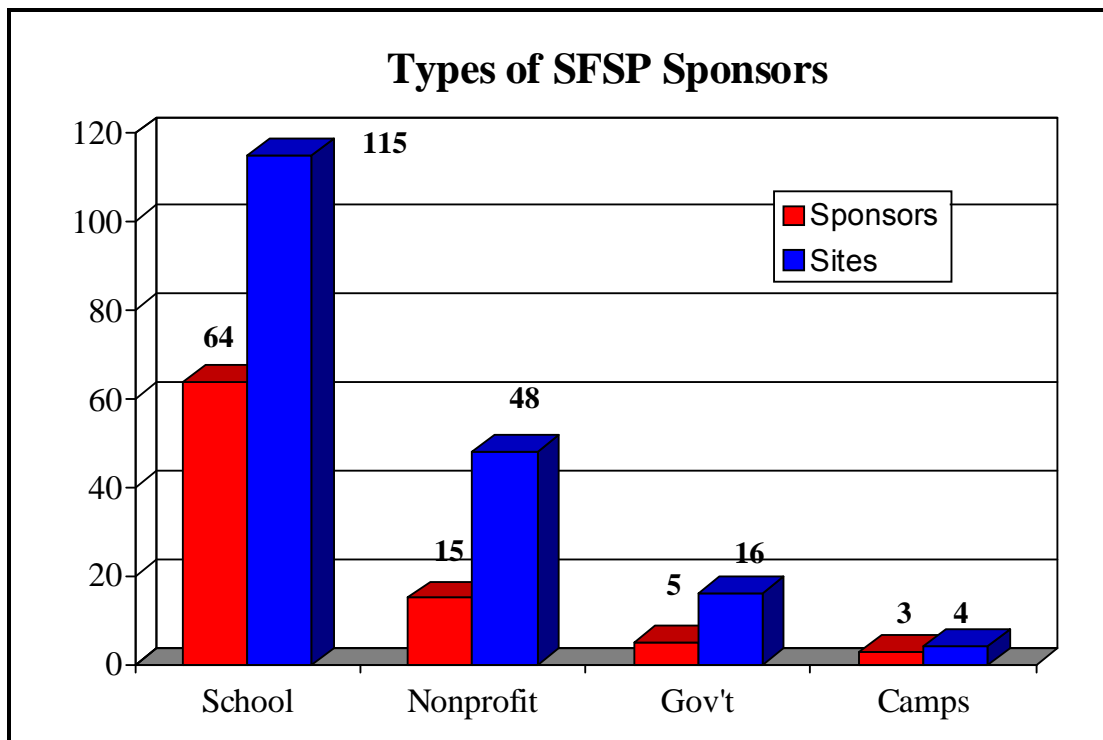
Percent of Eligible Students that Participate in the SFSP



Types of Summer Sponsors Participating



Sponsors for the SFSP include school districts, local government agencies, public or private non-profit organizations and camps. Sponsors are organizations that operate the SFSP and sites are the locations where sponsors serve meals. A total of 87 sponsors provided meals at 183 sites in Montana during the summer of 2010. Sites operate in low-income areas where at least half of the children come from families that qualify for free or reduced-price meals.

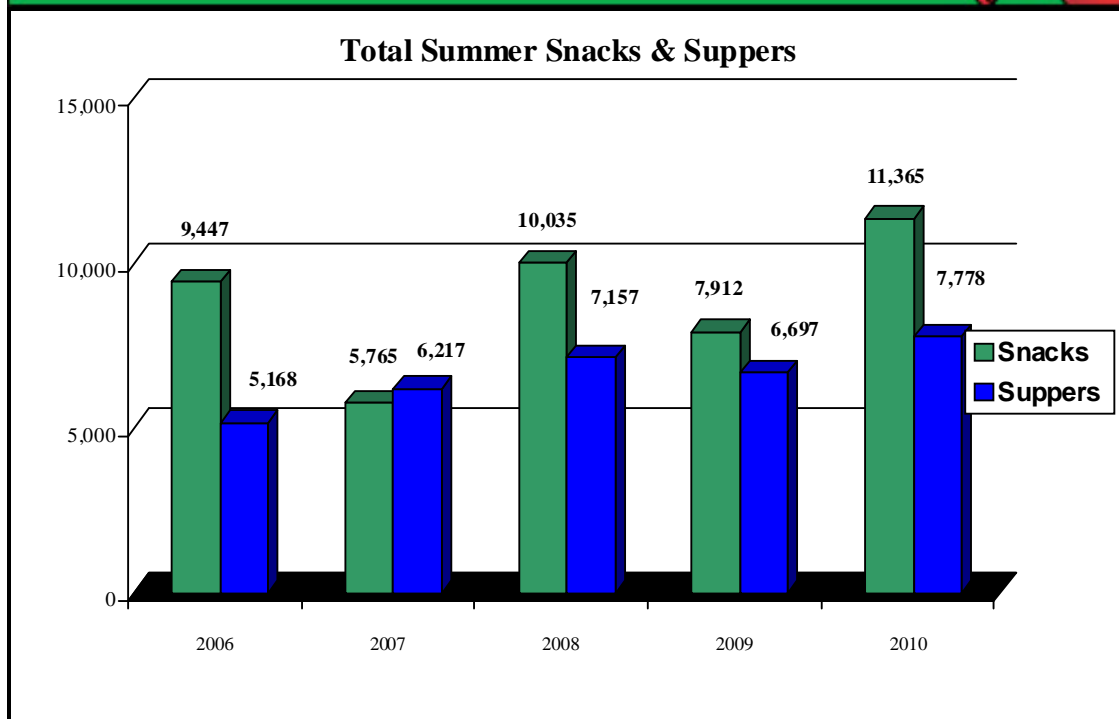
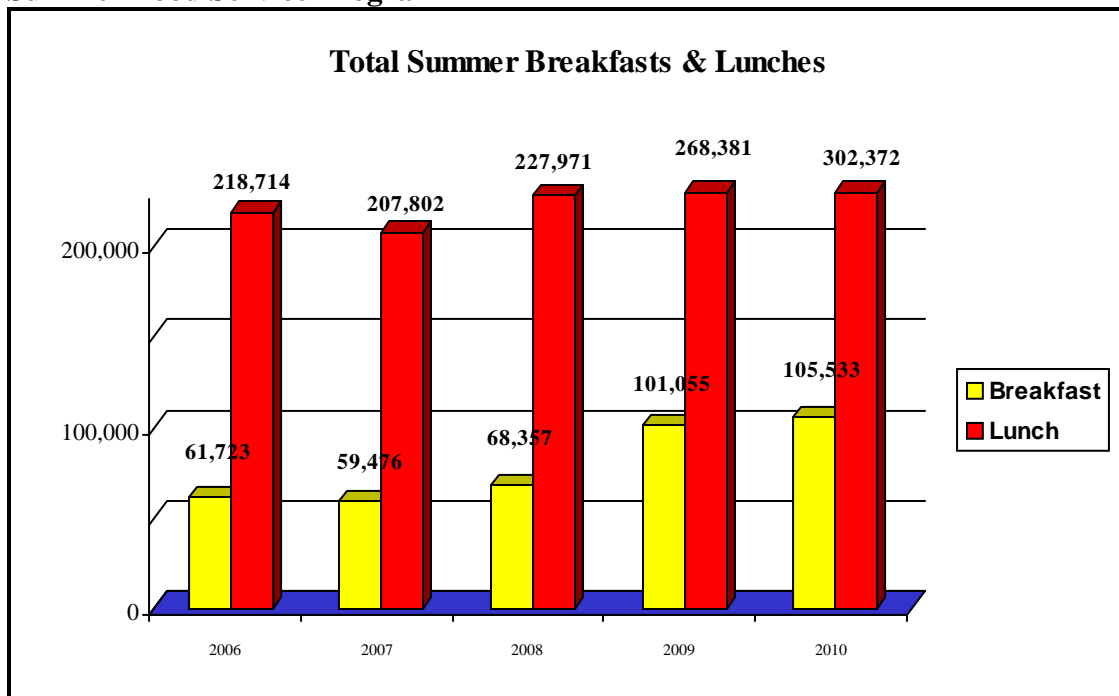


Over the past year:

- *There was an increase of 10 sponsors and 11 sites.*
- *There were an additional 33,991 lunches and 4,478 breakfasts served.*

Number of Meals Served

Summer Food Service Program



USDA Food Distribution Program



The USDA Food Distribution Program delivers a variety of USDA Foods to School Food Authorities. USDA Foods account for 15 to 20 percent of school nutrition program food.

During the 2009-10 school year, schools received an entitlement of 19.50 cents for each lunch served (during the previous school year) to spend on commodity foods. This entitlement totaled \$3,021,238.

USDA Foods are a healthy food choice.

USDA continually explores ways to offer healthy food choices so that schools can serve meals consistent with the Dietary Guidelines for Americans.

Whole Grains

Items include brown rice, rolled oats, whole wheat flour, and whole grain spaghetti.

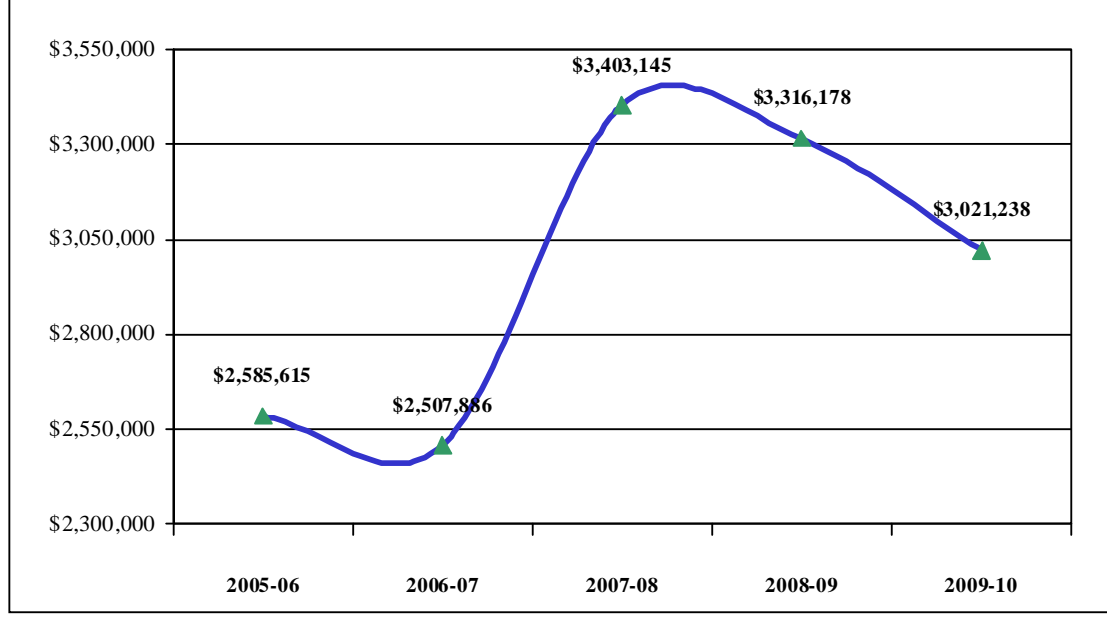
Less Sugar

Canned fruits are packed in light syrup, water or natural juices.

Less Fat

85% lean ground beef, 97% lean ham, 95% lean turkey ham, diced chicken, part skim mozzarella, and no trans fat in frozen potato products.

Total Value of USDA Foods

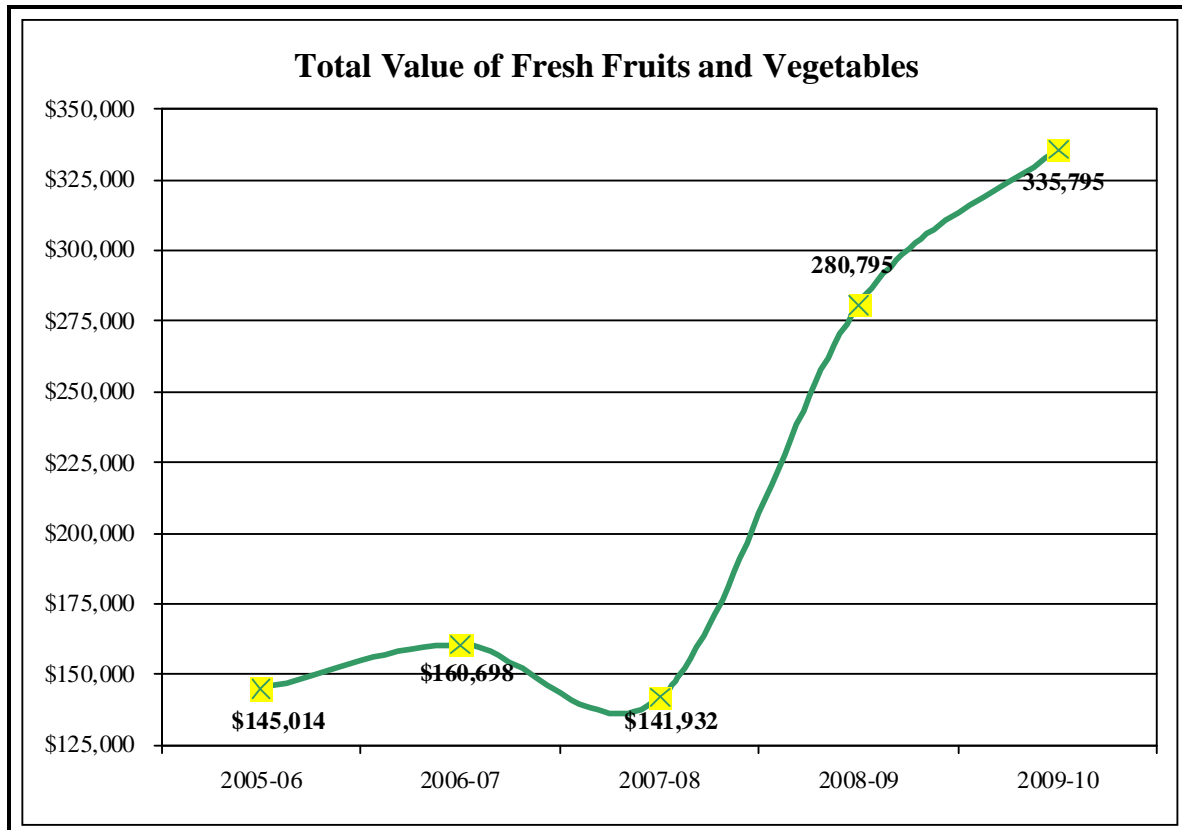


Fresh Fruit and Vegetable Program

Department of Defense



A portion of the total entitlement for Montana's Food Distribution Program is set aside for the Department of Defense Fresh Fruit and Vegetable Program. This program administered through the U.S. Department of Defense allows schools that participate in the National School Lunch Program to use the USDA commodity entitlement to purchase high quality fresh fruits and vegetables. During the 2009-10 school year, School Nutrition Programs was allocated \$335,795 for this program, an increase of \$55,000 from the previous year.



Montana Team Nutrition



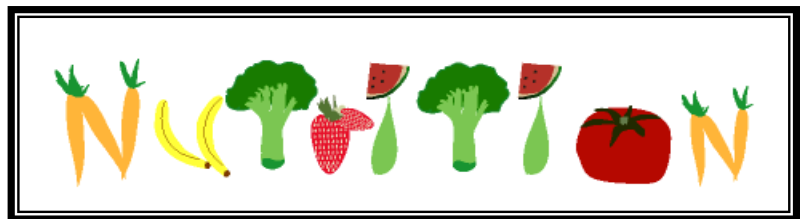
Montana State University in Bozeman, MT is home to the **Montana Team Nutrition Program**, which is the nutrition education component of School Nutrition Programs. Team Nutrition is an integrated, behavior based, comprehensive program geared toward improving children's lifelong eating and physical activity habits through the principles of the Dietary Guidelines for Americans and the USDA's My Pyramid. Team Nutrition works to improve access to nutrient rich foods and beverages throughout the school setting and to promote the health and wellness of children.

Team Nutrition receives funding through competitive USDA grants. School Nutrition Programs was awarded two Team Nutrition Training grants to support the 2009-10 school year. The grants' goals were to enhance Montana's infrastructure to promote healthful lifestyle habits for Montana families by impacting both schools and child care settings. With help from state partners, training and technical assistance, along with increased access to nutrition education resources, school personnel, childcare providers, parents and caregivers will be better equipped to teach integrated, skill-based nutrition content to children. Foodservice training efforts focused on providing safe, appealing and nutrient-rich meals and snacks, increasing breakfast program participation and reinforcing positive feeding relationships with children. Grant activities also work to build statewide support for Farm to School programs; and encourage school personnel to take the HealthierUS or Montana Menu School Challenges, (national/state voluntary award programs).

Montana Team Nutrition Program Objectives

Reach School Food Authorities, administrators, educators, parents, childcare providers and the community by:

- Increasing the number of schools and child care providers that prepare meals which are consistent with the 2005 Dietary Guidelines for Americans and that meet USDA MyPyramid menu planning nutrition standards. All schools, and child care programs serving USDA reimbursed meals will be targeted through training, technical assistance, and better access to Team Nutrition resources.
- Increasing access to nutrition education curricula and resources for schools and child care programs through an expanded training schedule that promotes healthy eating and physical activity to children and their families.
- Expanding the number of schools that support classroom, cafeteria and community initiatives such as the HealthierUS School Challenge, Healthier Montana Menu Challenge, and Farm to School programs.
- Increasing the number of Montana schools and childcare programs that promote positive role modeling by adults and promote the development of positive feeding relationships with children.



Montana Team Nutrition Program Activities

Training and Technical Assistance

Expanding Breakfast Programs:

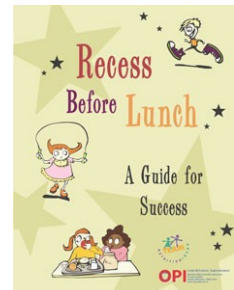
Objective: Increasing Program Access

- Provided training and technical assistance to more than 500 school staff on successful methods to expand breakfast program participation levels through a breakfast in the classroom program or grab and go service options.
- Worked in collaboration with the Montana Food Bank Network Food Security Council to assist school staff and community members to increase participation in school nutrition programs to help alleviate childhood hunger.

Implementing a Recess Before Lunch Schedule

Objective: Increasing Program Access

- Developed and published an article entitled “*Scheduling Recess Before Lunch: Exploring the Benefits and Challenges in Montana Schools*” in a peer-reviewed journal to document and share information on this best practice.
- Provided on-going technical assistance and training to schools in Montana and throughout the nation on scheduling recess before lunch in elementary schools.



Healthy Menu Planning and Meal Service:

Objective: Improving Nutritional Quality of School Meals

- Promoted and trained school personnel on the healthy school award programs including the HealthierUS School Challenge and the Healthier Montana Menu Challenge. Assisted seven schools in achieving and celebrating one of these awards.
- Supported fourteen regional hands-on cooking workshops reaching 281 child care providers or school nutrition personnel. These workshops focused on including whole grains, a variety of fruits and vegetables, legumes, lean proteins and low fat dairy in menus and snacks.
- Developed and provided training and materials to 135 staff on the implementation of a *Healthy Mealtime Philosophy* in school cafeterias or childcare programs.

● ● ●
32% of Montana elementary schools implement a recess before lunch schedule.

● ● ●



Nutrition Education for Children:

Objective: Reducing Childhood Obesity

- Conducted a evaluation pilot project of the Montana Team Nutrition resource, *Eat Smart Be Smart: Teaching Nutrition through Math, Science, Language Arts and Health Enhancement* curriculum guide to evaluate its effectiveness with seven school districts. This study demonstrated the curriculum was able to increase students' nutrition knowledge and was a teacher friendly resource for teaching nutrition across the curriculum. Electronic distribution of this curriculum guide is available through OPI's web site.
- Supported the development and the first offering of the *Teaching Adolescent Nutrition* (two hour graduate level) on-line course from Montana State University (MSU) for educators. This will be an ongoing professional development course for educators through MSU.
- Funded \$3,000 of Healthy Habits Challenge Mini-Grants to 6 school districts to motivate children to adapt healthy habits concerning food and physical activity. This mini-grant program reached 2100 children throughout Montana.
- Developed nutrition education elementary level lesson plans focusing on fresh fruits and vegetables for school staff involved in the USDA's Fresh Fruit and Vegetable Program. Assisted in the development of the web site for this program on OPI's web site.

Farm to School Programming:

Objective: Reducing Childhood Obesity

- Completed the Farm to School Mini-Grant Program to eight local school districts which reached 4600 children in helping to teach them about nutrition through experiential learning experiences such as gardening.
- Planned and facilitated round table discussions for three school communities to bring together partners interested in implementing a Farm to School Program to better connect children with their food source.
- Provided training sessions, technical assistance, and resources on Farm to School to school personnel and community members. Developed the document, *Frequently Asked Questions Concerning Farm to School* along with a Farm to School Guide that are distributed through the OPI web site.
- Collaborated with key partners such as Grow Montana, AERO and MSU Extension and Montana Department of Agriculture, Eat Right Montana and Montana Action for Healthy Kids to strengthen grassroots support for Farm to School, child nutrition, nutrition education and school wellness.



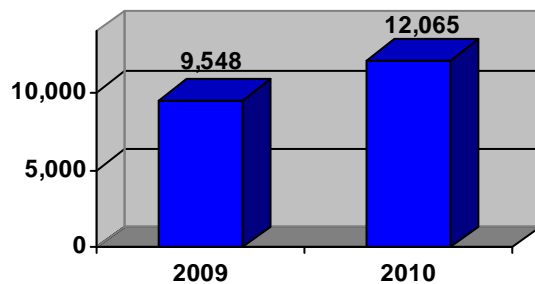
http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/MTTeam.html

Fresh Fruit and Vegetable Program

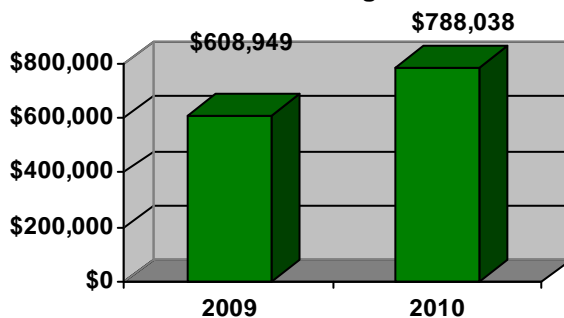
Objective: Reducing Childhood Obesity

The Fresh Fruit and Vegetable Program (FFVP) was developed as catalyst to combat childhood obesity by exposing children to fresh fruits and vegetables and helping them learn more healthful eating habits. The FFVP was successfully implemented in 68 schools in 2010 (18 more than the previous school year).

FFVP Enrollment



FFVP Funding



Schools are selected based on the following criteria:

Elementary School

National School Lunch Program Participant

FFVP Application

50% of students must be eligible for free and reduced price lunch

Highest priority given to schools with the highest percentage of free and reduced students

Total enrollment of all schools selected must result in \$50-75 per student allocation each year

Program Activities

PROGRAM REVIEWS

Objective: Increasing Program Monitoring and Integrity

Coordinated Review Effort (CRE)

The Coordinated Review Effort is a comprehensive on-site evaluation of the School Food Authority once every five years. School Nutrition Programs staff conducted 56 coordinated reviews and 3 additional administrative reviews during the 2009-10 school year.

School Meals Initiative (SMI)

School lunches must meet the recommendations of the Dietary Guidelines for Americans, which specify no more than 30 percent of calories come from fat, and less than 10 percent of calories come from saturated fat. School lunches must provide one-third of the Recommended Dietary Allowance (RDA) of protein, calcium, iron, vitamin A, vitamin C and calories. School breakfasts must provide one-fourth of the RDA for the same nutrients. Afterschool snacks must provide two food components (meat/alternate, fruit, vegetable, grain, milk). During the 2009-10 school year, 56 School Meal Initiative Reviews were conducted.

Summer Food Service Program (SFSP)

School Nutrition staff conducted 42 sponsor and site reviews in 2010. Sponsors who were found to be in violation of program requirements submitted corrective action plans.

PROGRAM REPORTING

Objective: Increasing Program Monitoring and Integrity

Verification of Free and Reduced Price Lunch Applications

Local Education Agencies (LEAs) that participate in the School Nutrition Programs provide free and reduced-price meal benefits to eligible students through collection and determination of free and reduced-price school meal applications. As part of this responsibility, schools must verify a sample of the applications and report the results to the State Agency.

Only 11 (4.98%) LEAs had less than 80% response rate from households (meaning that more than 20% of the applicants selected for verification at their school did NOT respond by sending documents that show what they reported on their application was accurate). This verification data serves as the primary source of information on the accuracy of the eligibility determination process.

Sanitation Inspections

Schools are required to have 2 sanitation inspections per year and report the actual number of inspections to the State Agency. Montana schools reported the following for the 2010 school year:

- Number of schools that had 0 inspections: 31 (3.8%)
- Number of schools that had 1 inspection: 285 (34.7%)
- Number of schools that had 2 inspections: 506 (61.5%)
- Number of schools that did not report inspections: 0

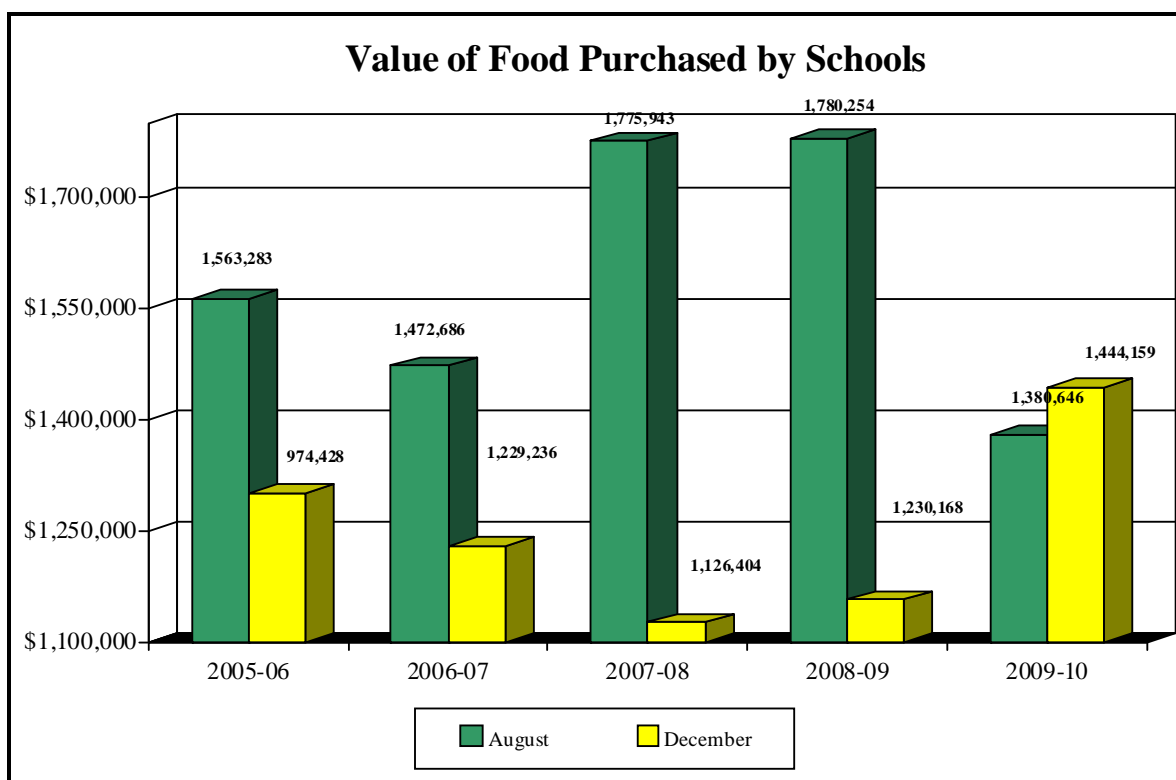
OPI Cooperative Purchase Program

The OPI Cooperative Purchase Program was implemented in 1980 to assist schools in purchasing high-quality nutritious foods at reasonable prices. There are two bids a year (winter and spring) and four deliveries per bid for a total of eight food deliveries per year.

Through the Advisory for the Bid and Commodity (ABC) Committee, the items available through the bid are continuously revised and improved. The committee consists of State Agency staff and 30 school food service personnel from schools representing various sizes and locations in the state.

Food items included on the bid must be appealing, nutritious and cost-effective. By combining purchase orders, all participating schools receive the high-quality, low-cost bid items at the same price regardless of size or location. Nutrition information for all products on the bid is provided to participating schools to assist with nutrient analysis of menus.

The program coordinator serves as a liaison between schools and food manufacturers, producers, processors, distributors, and representatives. Purchasing assistance is offered to school personnel through daily telephone contact and regional or state training sessions. During the 2009-10 school year, Montana schools purchased 90,182 cases of food worth \$2,824,804.



Equipment Grants



The American Recovery and Reinvestment Act of 2009 (ARRA) provided equipment assistance to school districts participating in the National School Lunch Program. The Montana Office of Public Instruction share of \$224, 981 was awarded to 45 school districts throughout the state.

An additional one-time appropriation of \$55,000 was distributed through Fiscal Year 2010 National School Lunch Program Equipment Assistance Grants to eleven school districts who did not receive ARRA funds. Applicants were required to demonstrate the need for the equipment based on improving the quality of school foodservice meals, improving safety, improving energy efficiency, and/or supporting expanded participation in the school meal programs.

Summer Food Service Program Activity Mini-Grants

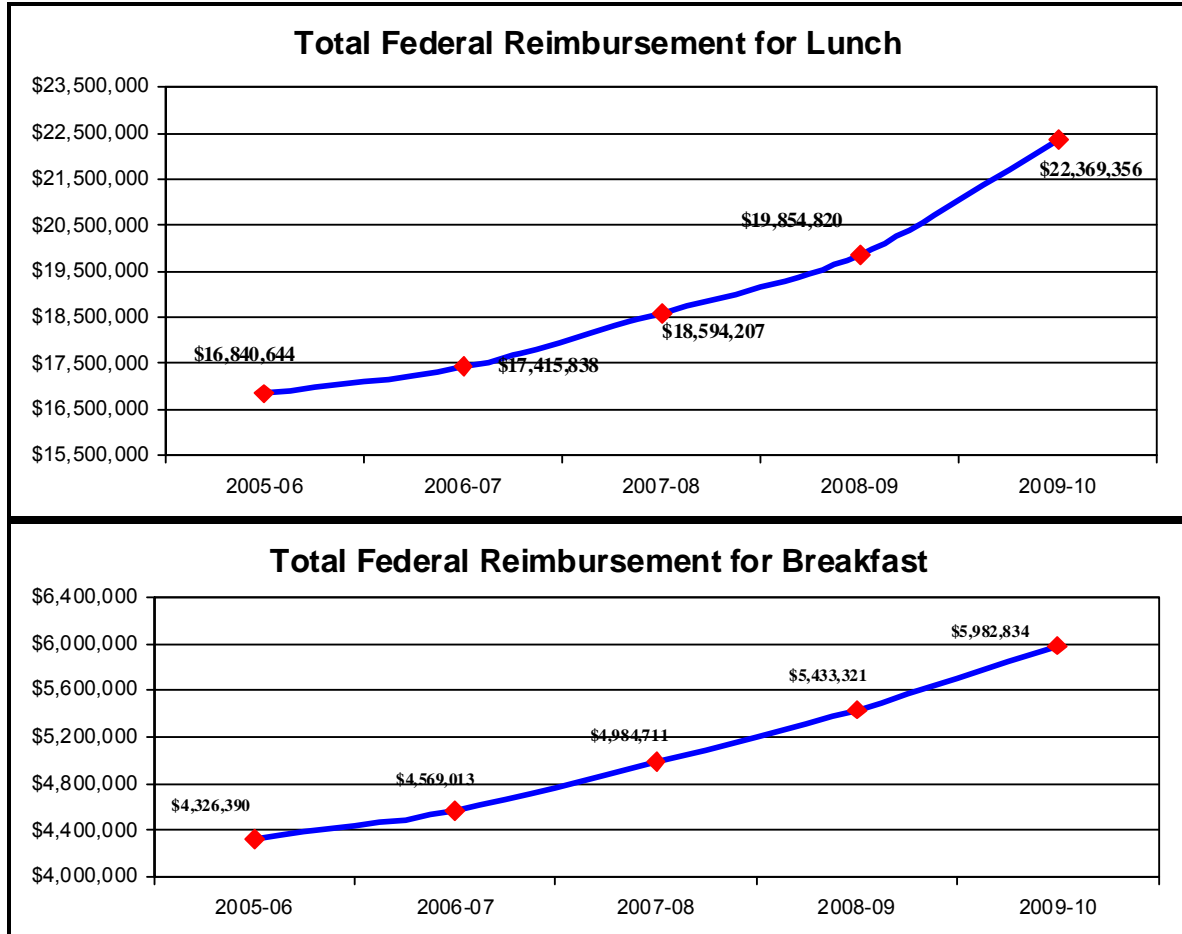
During summer 2010, Temporary Assistance for Needy Families (TANF) Emergency Funds (part of the American Recovery and Reinvestment Act of 2009) were made available to states for support of the Summer Food Service Program (SFSP). The Department of Public Health and Human Services, the Office of Public Instruction, and the Montana Food Bank Network worked together to use the funds to provide Activity Mini-Grants for SFSP sponsors in Montana. Activity mini-grants were awarded to SFSP sponsors via a competitive grant process, to provide activities and/or transportation to and from sites. A total of \$148,379.02 was awarded to 34 SFSP sponsors during summer 2010. Sites that received mini-grant funding increased the percent of children served by 11% and increased the total number of meals served by 20% from summer 2009 to summer 2010.

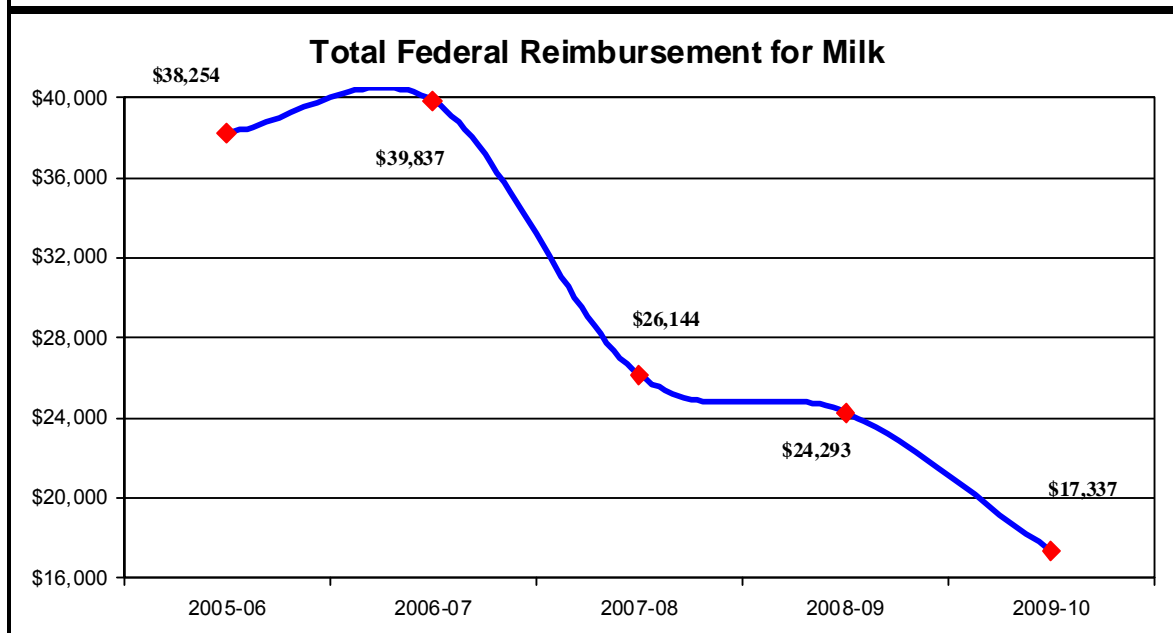
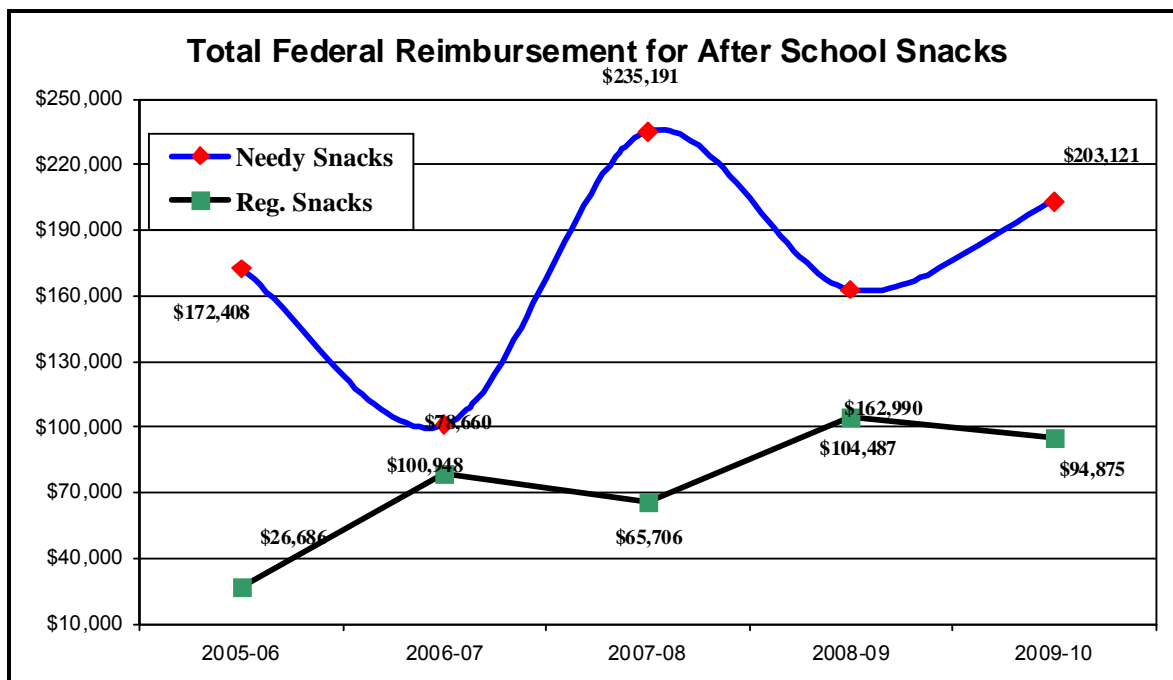
Federal Reimbursement Rates for 2009-10

SCHOOL PROGRAMS MEAL, SNACK AND MILK REIMBURSEMENT RATES Expressed in Dollars or Fractions Thereof <i>Effective from July 1, 2009 - June 30, 2010 for School Programs</i> <i>Effective from January 1, 2010 - December 31, 2010 for Summer Food Service Program</i>			
NATIONAL SCHOOL LUNCH PROGRAM	Less than 60%		60% or more
Paid	0.25		0.27
Reduced Price	2.28		2.30
Free	2.68		2.70
SCHOOL BREAKFAST PROGRAM	Non-severe Need		Severe Need
Paid	0.26		0.26
Reduced Price	1.16		1.44
Free	1.46		1.74
SPECIAL MILK PROGRAM	All Milk	Paid Milk	Free Milk
Pricing Programs without free option	0.16	N/A	N/A
Pricing Programs with free option	N/A	0.16	Average cost per ½ pint of milk
Non-pricing programs	0.16	N/A	N/A
AFTERSCHOOL SNACK PROGRAM			
Paid	0.06		
Reduced Price	0.37		
Free	0.74		
SUMMER FOOD SERVICE PROGRAM	Rural or Self-Prep Meal Rates		
Breakfast	1.8475		
Lunch & Supper	3.2475		
Supplements (Snacks)	0.7625		

School Nutrition Programs Reimbursements

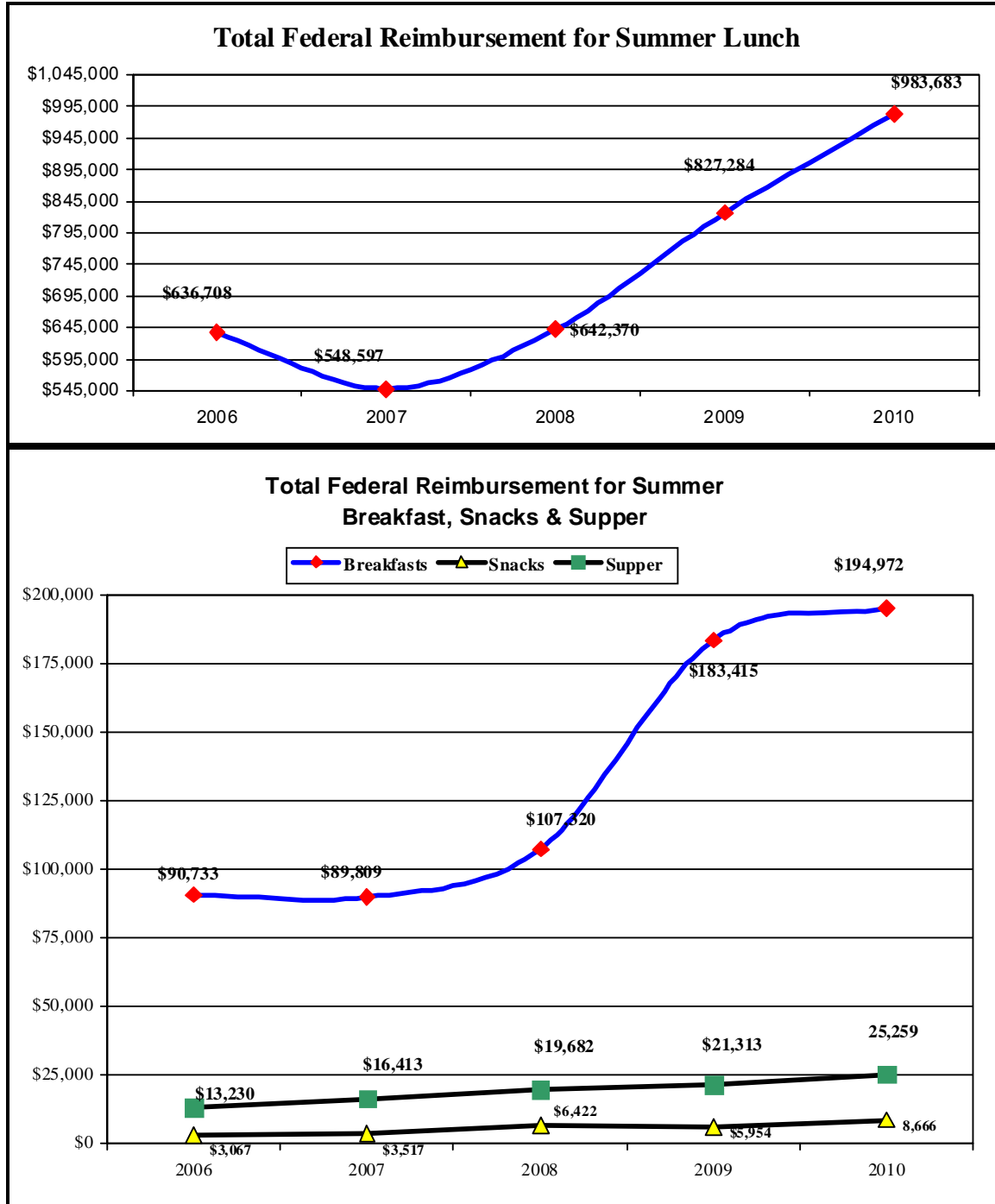
Reimbursement paid to schools for meals served (lunch, breakfast, snacks, and milk) during the 2009-10 school year totaled \$28,667,523.





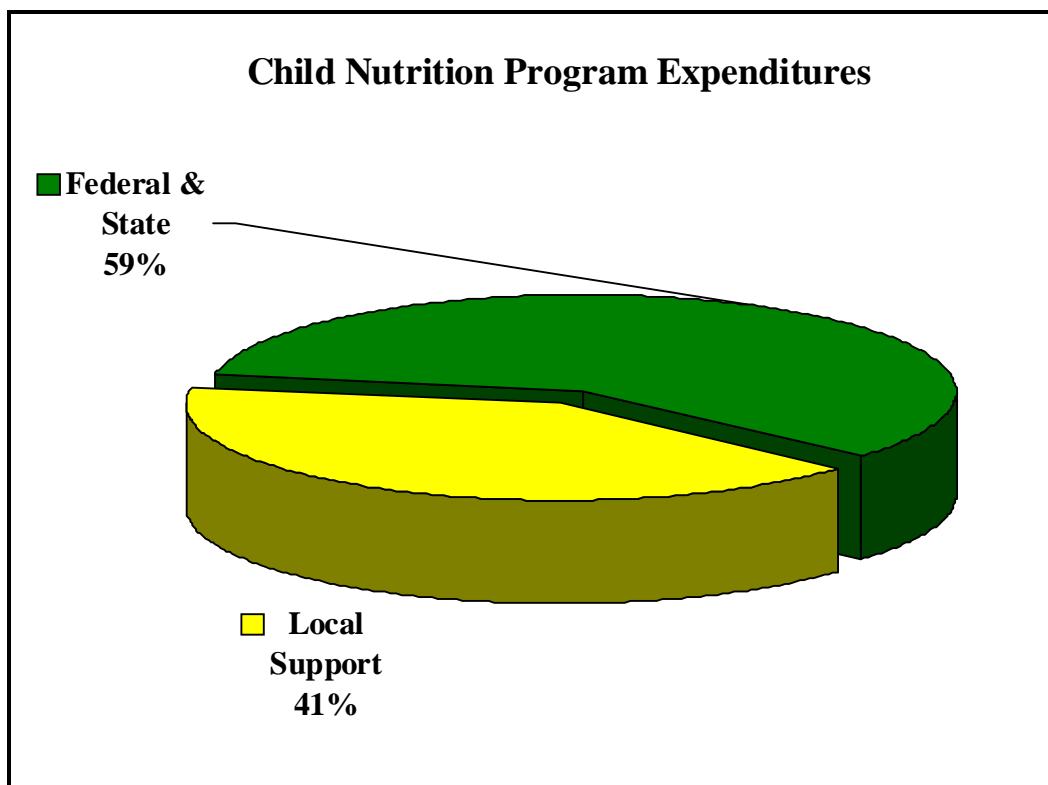
Summer Food Service Program Reimbursements

The total meal reimbursement (for lunch, breakfast, snacks, and supper) paid to summer sponsors in 2010 was \$1,212,580.



Financial Management

The USDA provides general assistance for every reimbursable meal served to children in school according to reimbursement rates that are updated yearly. School Food Authorities reported \$34,284,830 in program income in 2009-10 which included \$33,638,896 in federal reimbursement and \$645,934 in state matching funds. The state matching funds were used to cover the cost of shipping and handling, storage and processing of USDA commodity foods.



Overall school expenditures were \$58,150,863. After subtracting federal reimbursement and state match, local support to the meal programs was \$23,866,033 or 41 percent of the total expenditures.

Local support includes students who pay for breakfast and lunch. The average paid student price for breakfast and lunch were \$1.14 and 1.83 respectively. This average included a range of 30 cents to \$2.00 for breakfast and 60 cents to \$3.60 for lunch.

FUNDING FOR THE SCHOOL NUTRITION PROGRAMS IN MONTANA

October 1, 2009- September 30, 2010

Income

National School Lunch Program Meals	\$22,369,356
Afterschool Snacks	\$297,996
USDA Foods – Commodities including DoD Fresh Fruit and Vegetable Program	\$3,021,238
National School Lunch Program (lunches, snacks and commodities)	\$25,688,590
School Breakfast Program	\$5,982,834
Special Milk Program	\$17,337
Fresh Fruit and Vegetable Program	\$677,397
Summer Food Service Program Reimbursement	\$1,212,580
SFSP USDA Foods - Commodities	\$5,158
Summer Food Service Program	\$1,217,738
Equipment Grants	\$55,000
Total Federal Funding	\$33,638,896
Total State Matching Funds (July 1, 2008-June 30, 2009)	\$645,934
Total Federal and State Funding	\$34,284,830

Expenditures

School Expenditures (Food, Labor, Other)	\$58,150,863
Federal and State Reimbursement	\$34,284,830
Student, Adult Payments, General Fund, Other Sources	\$23,866,033